



# ILLUMINATED

a quarterly newsletter

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Poet Katherine Mackenett writes, "Now, every time I witness a strong person, I want to know: What dark did you conquer in your story? **Mountains do not rise without earthquakes.**" This issue of *Illuminated* is about **trauma**—the challenging events and relationships that have shaped us, for better and for worse.



Warmly,  
Dr. Jenna Schleien  
Clinical Psychologist & Founder, Lumina Psychology



Your body is a scoresheet of the emotional experiences you've been through -   
A growing body of research suggests that trauma affects our brains and bodies, not just our minds. How exactly does this work, and what can we do about it? This 6-minute video highlights key points made by psychiatrist and researcher Bessel van der Kolk, MD in his book *The Body Keeps the Score*.

watch

to learn more, or to schedule a session, visit [www.luminapsychology.com](http://www.luminapsychology.com)



The "Princess of Polka Dots" uses art to process and conquer trauma -

Renowned Japanese artist Yayoi Kusama is known for her fantastical sculptures, installations, paintings, and performance. Kusama stated, "Every time I have had a problem, I have confronted it with the ax of art." She has transformed her complex experiences of trauma into tangible artworks containing themes of infinity, sexuality, marginalization, nature, obliteration, and psychological pain. In this article, Katie White of Sotheby's presents 21 facts about Kusama's life and art.

read

You've heard of post-traumatic stress, but what about post-traumatic growth? -

In this article, writer Sarah Jeanne Browne explores the concept of post-traumatic growth, or the positive change that can occur following the experience of highly challenging life crises. Following an examination of well-intended but toxic positivity, Browne explores the 5 ways research suggests that many people experience true growth after trauma.

read



A bonus, just for fun - You can't help but smile at [these alpacas](#). Did someone awesome forward you this newsletter? Subscribe [here](#). Do you have an idea for a featured resource? Let me know [here](#) under the Contact tab.

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